

BEEF LESSON #1

ALL ABOUT BEEF

Ask: What foods are produced by cows?

Say: Cows can produce many different foods. Cows produce food in two main categories: beef and dairy.

Read: *How Do Animals Give Us Food?*

Watch: [youtube.com/watch?v=0dmZKRLLjZ4](https://www.youtube.com/watch?v=0dmZKRLLjZ4)

Ask: Do you eat any foods that contain beef? What are they?

Ask: Do you eat any foods that contain dairy? What are they?

ACTIVITY: IS IT BEEF OR IS IT DAIRY?

Directions:

1. Start by placing beef and dairy cards on opposite sides of the room.
2. Have the students stand in the middle of the room.
3. Tell the students they will 'vote' by moving to one side of the room or the other as you show a series of pictures. If they think the product is a beef product, then they will move to stand by the beef card. Alternatively, if they think the product is a dairy product, then they will move to stand by the dairy card.
4. Remind the students that beef and dairy products are produced by cows.
5. Hold up the first card and tell everyone to cast their vote by moving to stand by either the dairy card or the beef card.
6. Once everyone has chosen a side, call on a few students and ask them to tell the class why they chose that particular side. Then, share the correct answer.
7. This can be redone as many times as you wish, or until the cards run out.
8. At the end, ask the students if there are any dairy and/or beef products they eat at home that were not shown during the game.



MATERIALS NEEDED

- Card Deck - [canva.com/design/DAGc9B6MU9Q/tbU6yWQXh356X-xSFp2T0w/view](https://www.canva.com/design/DAGc9B6MU9Q/tbU6yWQXh356X-xSFp2T0w/view)

ALTERNATIVE ACTIVITY: MINI-BURGERS

Watch: youtu.be/t9cDQSlz79c?si=oQw5TvITApahSv4X

Say: Today, we are going to make a recipe that uses beef as the primary ingredient: mini burgers.

Recipe:

- 1 lb ground beef
- 1 tsp salt
- 1 tsp pepper

1. Preheat the air fryer to 360 degrees.
2. Place ground beef in a mixing bowl and season with salt and pepper.
3. In the mixing bowl, mix together the seasonings and ground beef.
4. Divide the ground beef into 4 tight balls and make an indentation in the middle with a fingertip.
5. Cook the burgers for 10 minutes and flip halfway through.

ADDITIONAL ACTIVITIES:

- *Animals I Know* Book Read Aloud
uniteforliteracy.com/ngr/library/animals/book?BookId=11
- *Click, Clack, Moo Cows that Type* Book Read Aloud
youtube.com/watch?v=7UN1XrW2alw
- *The Cow Loves Cookies* Book Read Aloud
youtube.com/watch?v=dMQrg4kcRrE
- *Farm Sounds* Book Read Aloud
uniteforliteracy.com/ngr/library/agriculture/book?BookId=2237
- *Fresh from the Farm* Book Read Aloud
uniteforliteracy.com/unite/plants/book?BookId=1283

MATERIALS NEEDED

- Recipe Ingredients
- Tongs
- Medium bowl
- Paper plates
- Gloves
- Hamburger buns (optional)
- Air fryer



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